



Herb Crusted Salmon Fillet

with Cheesy Dauphinoise, Tenderstem® Broccoli and Green Beans

32

Premium 35-40 Minutes • 1 of your 5 a day



-  Potatoes
-  Garlic Clove
-  Chives
-  Panko Breadcrumbs
-  Salmon Fillet
-  Creme Fraiche
-  Vegetable Stock Paste
-  Grated Hard Italian Style Cheese
-  Tenderstem® Broccoli
-  Green Beans

Pantry Items
Olive Oil

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, colander, garlic press, bowl, baking tray, frying pan, ovenproof dish, lid and aluminium foil.

Ingredients

	2P	3P	4P
Potatoes**	450g	700g	900g
Reserved Potato Water*	75ml	100ml	150ml
Garlic Clove**	1	2	2
Chives**	1 bunch	1 bunch	1 bunch
Olive Oil for the Crumb*	1 ½ tbsp	2 tbsp	3 tbsp
Panko Breadcrumbs 13	25g	25g	50g
Salmon Fillet** 4	2	3	4
Crema Fraiche** 7	150g	225g	300g
Vegetable Stock Paste 10	10g	15g	20g
Grated Hard Italian Style Cheese** 7 8	40g	65g	80g
Tenderstem® Broccoli**	80g	150g	150g
Green Beans**	80g	80g	150g

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	529g / 3614 / 862	100g / 683 / 163
Fat (g)	51.6	9.8
Sat. Fat (g)	22.3	4.2
Carbohydrate (g)	56.4	10.7
Sugars (g)	7.1	1.3
Protein (g)	36.1	6.8
Salt (g)	1.59	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 8) Egg 10) Celery 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Started

The chocolate pots will take 2-3 hours to set so we'd recommend getting them prepared earlier in the day. However, they'll still be delicious if you only leave them in the fridge for a few minutes. Either way, make your pudding (all 3 steps) before you start cooking your main.

Preheat your oven to 220°C/200°C fan/gas mark 7. Bring a large saucepan of **water** to the boil with ½ **tsp salt**.

Peel and slice the **potatoes** into 1cm thick slices. When boiling, add them to the **water** and simmer until just tender, 8-12 mins.

Once cooked, reserve some of the **potato cooking water** (see ingredients for amount), then carefully drain in a colander.



Bake your Dauphinoise

Lay the **cooked potato slices** in layers in an appropriately sized ovenproof dish, then pour over the **creamy sauce**.

Bang the dish carefully a couple of times on a hard surface to get any air bubbles out. Sprinkle the remaining **cheese** on top.

Bake on the top shelf of your oven until golden brown and bubbly, 15-20 mins. **TIP:** Put the dish on a baking tray to catch any drips.



Finish the Prep

Meanwhile, peel and grate the **garlic** (or use a garlic press). Finely chop the **chives** (use scissors if easier).

Pop the **breadcrumbs** into a bowl with the **olive oil for the crumb** (see ingredients for amount) and **half the chives**. Season with **salt** and **pepper**, then mix together.

Lay the **salmon fillets**, skin-side down, onto a lined baking tray and spread **1 tsp of creme fraiche** on each fillet. Top with the **herby breadcrumbs**, pressing them down to ensure they stick. Set aside. **IMPORTANT:** Wash your hands and equipment after handling raw fish.



Bring on the Veg

When the **potatoes** have been in the oven for 5 mins, pop the **salmon** on the middle shelf to bake until the **crumbs** are golden and the **salmon** is cooked through, 10-15 mins. **IMPORTANT:** The salmon is cooked when opaque in the middle.

While the **salmon** cooks, heat a drizzle of **oil** in a frying pan on medium-high heat.

Halve any thick **broccoli stems** lengthways. Trim the **green beans**. Stir-fry the **veg** for 2-3 mins, then add a splash of **water**.

Pop a lid on the pan, or cover in foil, and cook until tender, a further 4-6 mins.



Make the Creamy Sauce

When the **potatoes** are cooked and drained, pop your (now empty) pan back on medium heat with a drizzle of **oil**.

When hot, add the **garlic** and cook until fragrant, 30 secs. Then add the remaining **creme fraiche**, **veg stock paste**, **reserved potato water** and **half the hard Italian style cheese**.

Mix together, bring to the boil, then remove from the heat. Season to taste with **salt** and **pepper**.



Finish and Serve

Once the **veg** is tender, season with **salt** and **pepper**, then remove the pan from the heat.

Carefully transfer the **salmon** to your plates and add a generous spoonful of **dauphinoise**.

Finish with the **broccoli**, **green beans** and a sprinkle of **chives**.

Enjoy!



Coconut Chocolate Pot Dessert with Honey Salted Nutes

Premium Prep Time: 10-15 Minutes • Chill Time: 2-3 Hours

32



Coconut Milk



Chocolate Chips



Pistachios



Flaked Almonds



Honey

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Saucepan, cling film and frying pan.

Ingredients

	2P	3P	4P
Coconut Milk	200ml	300ml	400ml
Chocolate Chips 11)	100g	150g	200g
Pistachios 2)	25g	25g	50g
Flaked Almonds 2)	15g	25g	25g
Honey	1 sachet	2 sachet	2 sachets

**Not Included **Store in the Fridge*

Nutrition

	Per serving	Per 100g
for uncooked ingredient	176g	100g
Energy (kJ/kcal)	2350/561	1324/316
Fat (g)	39.6	22.3
Sat. Fat (g)	25.0	14.1
Carbohydrate (g)	39.2	22.1
Sugars (g)	35.2	19.8
Protein (g)	9.2	5.2
Salt (g)	0.12	0.07

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nuts 11) Soya

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Start the Pud

Pour the **coconut milk** into a medium pan and pop on medium-high heat. Bring to the boil, then simmer for 1 min.

Remove from the heat and immediately add the **chocolate chips** and a pinch of **salt**.

Allow to sit for 1 min, then stir together until the **chocolate** is melted and well combined.

Get Set

Pour the **mixture** into appropriately sized glasses/ramekins. **TIP:** Put these in the fridge beforehand to chill if you're in a rush.

Cover with cling film and pop into the fridge to set - these will take 2-3 hours to fully set, but they'll still be delicious if you want to eat them straight away.

Nut Time

Remove the **pistachios** from their shells and roughly chop.

Heat a medium frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and **pistachios** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins. **TIP:** Watch them like a hawk as they can burn easily.

Once toasted, remove from the heat and add the **honey** and a pinch of **salt** to the pan.

TIP: If your honey has hardened, pop it in a bowl of hot water for 1 min. Stir together, then transfer to a bowl.

When ready to serve, spoon the **nuts** on top of the **chocolate pots**.

Enjoy!